



Aging and Disability
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on
Facebook

Dodge County ADRC



www.co.dodge.wi.gov

ADRC Recipe Box

Chinese Chicken Cabbage Salad

This Asian-flavored salad is a quick and easy addition to your healthiest way of eating any time of year that provides you with a complete, nutrient satisfying meal.



Ingredients:

- 4 C. napa cabbage, sliced thin
- 1 T. extra virgin olive oil
- 1 T. rice vinegar
- 1 tsp. soy sauce
- 1 T. minced ginger
- 1 medium clove garlic, pressed
- 2 T. chopped cilantro
- ♦ 4 oz. cooked chicken breast, shredded or cut into 1" cubes

Directions:

1. Toss all ingredients together and serve.



Nutrient

DRI/DV

vitamin C	131%
vitamin B3	100%
protein	81%
selenium	58%
vitamin A	47%
vitamin B6	45%
phosphorus	40%
calcium	27%

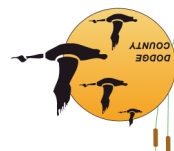
*Serves :1
Cals: 386*

*For more recipes like this,
head to whfoods.com*



TO OUR FRIEND:

Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039



Connecting You with
Supports and Services



199 County Road DF - 3rd Floor • Juneau, Wisconsin 53039
920-386-3580 or 800-924-6407

Supervisors Report...*From the Desks of Kris Schefft and Jackie DeLaRosa*



This is our chance to stand up and be counted. Being counted is critical to us for so many reasons.....seniors, minorities, and those with disabilities are historically undercounted. Being counted helps fund the many needed programs offered to the citizens in Dodge County. There will be three ways to respond to this seven question census....online, by phone, or by mail. The ADRC staff will be offering opportunities to assist if needed in completing the census, and to answer questions. Look for details in the next few months or go to www.census.gov. April 1, 2020 is Census Day.

The 2020 Census at a Glance...counting everyone once, only once, and in the right place.

The U.S. Census Bureau is the federal government's largest statistical agency. We are dedicated to providing current facts and figures about America's people, places, and economy. Federal law protects the confidentiality of all individual responses the Census Bureau collects.

The U.S. Constitution requires that each decade we take a count—or a census—of America's population.

The census provides vital information for you and your community:

- It determines how many representatives each state gets in Congress and is used to redraw district boundaries. Redistricting counts are sent to the states by March 31, 2021.
- Communities rely on census statistics to plan for a variety of resident needs including new roads, schools, and emergency services.
- Businesses use census data to determine where to open places to shop.

Each year, the federal government distributes more than \$675 billion to states and communities based on Census Bureau data. In 2020, we will implement new technology to make it easier than ever to respond to the census. For the first time, you will be able to **respond online, by phone**, as well as **by mail**.

We will use data that the public has already provided to reduce follow-up visits. And, we are building an accurate address list and automating our field operations—all while keeping your information confidential and safe.

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United States®
Census
Bureau



Winter Issue 2020

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The ADRC and
Aging
Programs in
Dodge
County
are just a
phone
call away!



920-386-3580
or
800-924-6407



Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

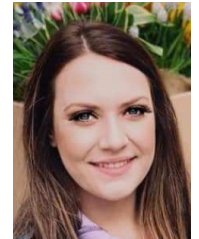
Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft
 Aging/Nutrition/Transportation Supervisor.....Jackie DeLaRosa
 Aging & Disability Resource
 Specialists.....Diane Coulter, Pam Couperus, Heather Ehrlich,
Morgan Leistikow, Vicki Zimmerman
 Caregiver Program Coordinator.....Catherine Knickelbein
 Community Education Coordinator.....Olivia Gerritson
 Customer Service & Support Staff.....Jackie Wendlandt &
Jeannette Moon
 Dementia Care Specialist.....Rob Griesel
 Dining Center Managers.....Patricia Beske, Melva Brown-Dring,
Inez Feilbach, Judy Hedstrom,
Jane Hilgendorf, Barbara May, Rose Newman,
Marcey Sage, Judy Schraufnagel,
Jill Weisensel, Linda Zastrow, Joan Zehner
 Disability Benefit Specialist.....Ashley Sanborn, Briann Susdorf
 Elder Benefit Specialist.....Amanda Higgins, Briann Susdorf
 Transportation Staff.....Elaine Deblare, Hannah Rohlinger
 Van Drivers.....Bill Benedon, Mark Callies,
Jerry Groehler, Mike Falkinham, JJ Johnson,
Greg Maier, Dave Pasewald, Robert Petrick



Hello! My name is Briann Susdorf. I am the new Elder and Disability Benefit Specialist at the ADRC. My position is brand new here in Dodge County. As both an Elder and Disability Benefit Specialist, I have the ability to help out with both age groups! My past experience includes working for the Disability Determination Bureau (DDB) and doing Elder Case Management for one of Dane County's focal points, which created a wonderful background to step into this role. I started here in October and have been super busy building on my knowledge of the Social Security Administration to be able to serve Dodge County effectively. If you are looking for extra help applying for Social Security, Medicaid, Medicare, or need assistance with understanding the realm of public benefits and what you may be eligible for, a Benefit Specialist on our team would be happy to assist you!



2020 Welcome To Medicare Workshops

- ♦ Are you or someone you know turning 65 this year?
- ♦ Confused about your Medicare options?
- ♦ What plan is right for you?
- ♦ Come learn about the A, B, C, and D's of Medicare.



* **Thursday, January 16 1 - 4 pm**
Tuesday, February 18 9 am - Noon
Wednesday, March 18 1 - 4 pm
 ♦ **Thursday, April 21 9 - Noon**

* *class is open to any persons under 60 who are or will be eligible for Medicare in the upcoming months*



Dementia
Friendly Dodge

Dementia Friendly Business Recap

2019 was a busy year for Dementia Friendly Dodge. DFD added 23 new dementia friendly partners to Dodge County in 2019! Clinics, banks, libraries, government agencies, and even a dance studio have joined the movement to help both the county and state become more **dementia friendly**. For more information on how you can get involved with Dementia Friendly Dodge (DFD) or have your organization certified, contact Rob Griesel 920-386-4308.

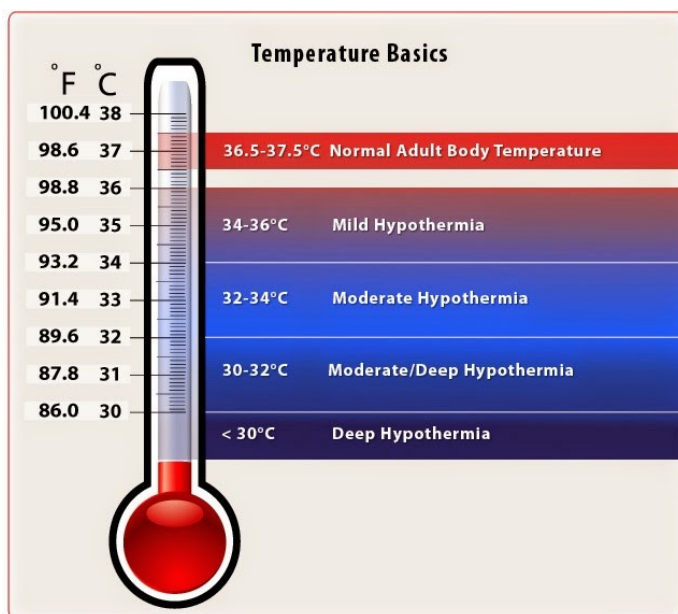
Your time is valuable to us! For speedier service for you, we encourage you if at all possible to call and make an appointment with a resource specialist before stopping in to see us. You can always call or email the ADRC with any of your questions.

920-386-3580 OR hsagingunit@co.dodge.wi.us



Watching for Hypothermia

Hypothermia is a drop in body temperature that is caused by staying in a cool place for too long. This may bring to mind images of someone who is lost outside in a blizzard, but hypothermia can strike a person in their own home where the heat is turned down too low. A body temperature below 96 degrees can cause an irregular heartbeat leading to heart problems and even death if not treated promptly. Hypothermia is especially dangerous because it happens gradually and affects your thinking. You may not even realize you need help!



As caregivers, it is important to be aware of the symptoms and risks of hypothermia as people with advanced age are especially vulnerable. When checking in on your relatives, friends or neighbors, be especially aware of the symptoms of hypothermia.

- Confusion or sleepiness
- Slowed, slurred speech or shallow breathing
- Weak pulse or low blood pressure
- Cold, pale skin
- A lot of shivering or stiffness in the arms or legs
- Chilly rooms or other signs that they have been in a cold place
- Poor control over body movements or slow reactions

If you think someone may have hypothermia, take his/her temperature and if it doesn't rise above 96 degrees, call 9-1-1. It is very important that a person with hypothermia is treated by a physician.

Sometimes people are tempted to turn their thermostats down too low as a way of saving money on their energy bill, but this can result in a dangerous situation. It is essential for people to keep their homes warm by setting the thermostat to at least 68 degrees.

There are some things you can do to keep yourself warm and cut down on heating costs such as closing vents and doors to rooms you are not using. Wearing several layers of loose clothing and eating enough food to keep up your body weight will also help you stay warmer in your house. Additionally, you can also call your power or gas company for information on weatherizing your home. If paying for heat is a problem due to a limited income, you may qualify for help through the Energy Assistance Program. Contact Energy Services 920-887-7990. May you have a happy and safe winter!

Jane Mahoney

Older American's Act Consultant

Greater Wisconsin Agency on Aging Resources

Helping Someone? You Can Help Us Help You

We are pleased to announce that in 2019 we here at the ADRC were part of starting a coalition of people who want to help caregivers. We are all people who are involved in caregiving in some way.

We are the **Community Caregiver Alliance** of Dodge County.

Our vision: To be the resource for providing solutions to educate, empower, and embrace caregivers in our community.

Our mission: To recognize, educate, support, and provide resources for family and community caregivers.

HOW YOU CAN HELP:

- ♦ Join us if you are able! (3rd Weds of every month at 1:00 pm here at the Henry Dodge County Office building)
- ♦ Watch for our survey and honestly tell us about your needs
- ♦ Call and let us know what we can do to help 920-386-3259

**YOUR BENEFIT NEWS***Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist**Published with permission from the Legal Services Team at the Greater Wisconsin Area on Aging Resources' Elder Law & Advocacy Center***Social Security Administration Announces 2020 COLA**

Beneficiaries receiving Social Security retirement, survivors, and disability benefits will see an increase in their 2020 monthly benefit. The Social Security Administration announced beneficiaries will receive a 1.6% increase due to the cost of living adjustment (COLA). The 2020 numbers are as follows:

	2019	2020
Federal SSI—individual	\$771/mo.	\$783/mo.
Federal SSI—couple	\$1,157/mo.	\$1,175/mo.
Quarter of coverage	\$1,360	\$1,410
SGA –non-blind person	\$1,220/mo.	\$1,260/mo.
SGA—blind person	\$2,040/mo.	\$2,110/mo.
Earnings limit (those receiving SS retirement benefits <u>under</u> full retirement age)	\$17,640 (\$1,470/mo.) \$1 in SSA benefits withheld for every \$2 above limit	\$18,240 (\$1,520/mo.) \$1 in SSA benefits withheld for every \$2 above limit
Earnings limit (receiving benefits in the calendar year full retirement age is attained)	\$46,920 (\$3,910/mo.) \$1 withheld for \$3 above limit	\$48,600 (\$4,050/mo.) \$1 withheld for \$3 above limit
Maximum SS benefit for worker retiring at full retirement age	\$2,861/mo.	\$3,011/mo.

2020 Medicare Numbers Released

The Centers for Medicare & Medicaid Services (CMS) announced the 2020 premiums, deductibles, and coinsurance amounts for Medicare Parts A and B. Medicare Part A covers inpatient hospital stays and rehabilitation care at a skilled nursing facility. According to CMS, more than 95% of beneficiaries receive premium-free Medicare Part A because they at least 40 work quarters paying into Medicare taxes.

Medicare Part A Costs

	2019	2020
Premium with 40 work credits	\$0	\$0
Premium > 30 work credits	\$240	\$252
Premium < 30 work credits	\$437	\$458
Deductible (per benefit period)	\$1,364	\$1,408
Daily coinsurance in hospital days 61-90	\$341	\$352
Daily coinsurance in hospital days 91-150	\$682	\$704
Daily coinsurance in a skilled nursing facility, days 21-100	\$170.50	\$176

Medicare Part B Costs

	2019	2020
Monthly Premium	\$135.50	\$144.60
Annual Deductible	\$185	\$198

Medicare Part B covers physician services, outpatient hospital services, durable medical equipment at home, outpatient rehabilitation therapies, and outpatient laboratory services and testing. All beneficiaries pay a Part B premium (unless qualify for a premium subsidy).

Typically, Medicare Part B provides insurance coverage on an 80/20% basis. **To see if you are eligible for assistance in paying the premium, call our office.**

If you want more information, for residents age 60 and older, contact the Dodge County Elder Benefit Specialist at the Aging and Disability Resource Center (ADRC) at 920-386-3580 or 800-924-6407.



SPARK has Expanded to Mondays!

There are now **TWO** opportunities each month to enjoy art and nature in welcoming and comfortable settings throughout Dodge County. Please consider joining us!



2nd Friday of the Month
2:30 to 4:00 pm

Hosted by UnMasked Expressive Art Therapies
207 N. Spring St. - Beaver Dam

January 10 Topic: Baby, It's Cold Outside

February 14 Topic: Paul Klee, Let's Take a Line
for a Walk

March 13 Topic: Chihuly, Illuminating Color

April 10 Topic: No SPARK! (Good Friday)

Space is limited
and reservations are required.
Please call the ADRC at
920-386-3580 to register!



3rd Monday of the Month
2:30 to 4:00 pm

Hosted between Master Gardeners,
Dance Now!, and Horicon Marsh

January 20.....Topic: Growing Microgreens

April 20.....Topic: Plant Propagation



Dodge County Administration Bldg.
127 E. Oak St. - Juneau

February 17.....Topic: Love
Dance Now!



244 Rosendale St. - Beaver Dam

March 16.....Topic: Ducks



Horicon Marsh Education & Visitor Ctr.
N7725 Hwy. 28 - Horicon

Memory Screens are Coming to Your Local Library in 2020!



Memory screens will be available to participating libraries the 2nd Tuesday of each month from 12:30 - 3:30 pm starting in March.

A memory screen is a wellness tool that helps identify possible changes in memory and cognition; it creates a baseline of where a person is at so that future changes can be monitored.

Early detection is important. Treatment is possible! Some types of dementia are reversible, like those caused by nutritional and vitamin deficiencies, depression, thyroid issues, and more.

March 10
Lomira Library
**time changed to 1-4 pm*

April 14
Horicon Library

May 12
Fox Lake Library

June 9
Columbus Library

Call Rob Griesel at the ADRC of Dodge County for more information or to schedule your memory screen.
920-386-4308

Check out page 2 to see
the dementia friendly
business recap for the
year 2019!





Genetic Testing Fraud

Tips for Protecting Yourself and Medicare



Genetic testing scams are currently a widespread issue throughout the country. Scammers are offering

Medicare beneficiaries cheek swabs for genetic testing to obtain their Medicare information for identity theft or fraudulent billing purposes.

What is Genetic Testing Fraud?

Genetic testing fraud occurs when Medicare is billed for a test or screening that was not medically necessary and/or was not ordered by a beneficiary's treating physician.

What are Examples of Genetic Testing Fraud?

- A company offering you "free" testing without a treating physician's order and then billing Medicare. These tests go by many names and claim to test for many things. Here are some examples of ways you may see this advertised:

- Cancer screening / test
- DNA screening / test
- Hereditary cancer screening / test
- Dementia screening / test
- Parkinson's screening / test
- Pharmacogenomics – medication metabolism

- A company providing a test or screening that you never requested or that you do not need
- A company billing Medicare for screening services that are not covered by Medicare or for screenings that do not apply to you
- A company requesting your Medicare number at a community event, a local fair, a farmers' market, a parking lot, or any other event

What Happens if Medicare Denies the Genetic Test Claims?

- You could be responsible for the entire cost of the test! The average is \$9,000-\$11,000.

Elder Benefit Specialist Office Hours

1st Wed of month 10 am-Noon @ Watermark

2nd Thurs of month 1-3 pm @ Bay Shore

4th Mon of month 10 am-Noon @ Wtn Senior Ctr

What Can You Do to Stop Genetic Testing Fraud?

- Be sure your doctor has assessed your condition. Although Medicare covers many genetic tests for diagnostic use, it only covers one preventive genetic test to screen for cancer.
- Do not give out your personal information or accept screening services from someone at a community event, a local fair, a farmers' market, a parking lot, or any other event.
- Always read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB). The words "gene analysis," "molecular pathology," or "laboratory" may indicate questionable genetic testing has occurred.
- If you received a cheek swab or a screening that was not medically necessary, report your concerns about billing errors or possible fraud and abuse to your local SMP.



When are Genetic Tests Covered?

- When someone has stage III or IV cancer
- When the test is medically reasonable and necessary Federal regulations define medical necessity as "services or items reasonable and necessary for the diagnosis or treatment of illness or injury or to improve the functioning of a malformed body member."
- When it is ordered by a treating physician Federal regulations define a treating physician as "the physician who furnishes a consultation or treats a beneficiary for a specific medical problem and who uses the results in the management of the beneficiary's specific medical problem. Tests not ordered by the physician who is treating the beneficiary are not reasonable and necessary."
- When one or more coverage requirements are met for colorectal cancer genetic screening. There is no other Medicare coverage for genetic testing as a screening service.
- When a treating physician orders the test as a diagnostic service and uses the results to manage the patient's condition.

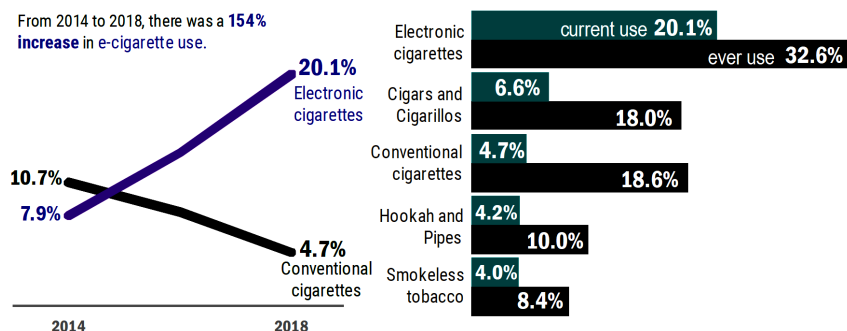
from the SMP Resource Center



TOBACCO PREVENTION AND CONTROL PROGRAM: E-CIGARETTE PUBLIC HEALTH ADVISORY

This health advisory is being issued by the State Health Officer to inform the public about the alarming statistics on current e-cigarette use among youth in Wisconsin. In Wisconsin, current e-cigarette use among Wisconsin high school students increased 154% between 2014 and 2018. In 2014, just under 8% of Wisconsin high school students were using e-cigarettes. In 2018, that number has skyrocketed to 20% (or one out of every five students).

From 2014 to 2018, there was a **154% increase** in e-cigarette use.



As Surgeon General Jerome Adams recently described in his Advisory Report, nicotine exposure during adolescence can harm the developing brain, which continues to develop until around age 25, and can impact learning, memory, and attention.

The e-cigarette aerosol that users inhale and exhale can expose both the user and those around the user to other harmful substances, including heavy metals, volatile organic compounds, and ultrafine particles that can be inhaled deep into the lungs.

E-cigarettes now take many forms. Some e-cigarettes resemble flash drives, while others are about the size of a credit card. E-juice bottles resemble eye droppers and vape pens come in a variety of colors and resemble pens or lip gloss. E-cigarettes can also be used to deliver other drugs, like marijuana. In 2016, a third of U.S. middle and high school students who had ever used e-cigarettes reported using them for marijuana.

JUUL, a flash drive look-a-like tobacco product popular with teens, comes in kid-friendly flavors like Mango, Fruit, Creme, and Mint. There are also over 15,500 unique e-cigarette flavors available online. In Wisconsin, 89% of high school students say they would not try tobacco products that were not flavored. Even more concerning, the chemicals used to make certain flavors—diacetyl and 2, 3-pentanedione—have been shown to cause irreparable lung disease.

The epidemic use of e-cigarettes is a complicated problem which requires a cooperative effort between partners, organizations, and communities. Many are already working on efforts to combat this crisis, and we now ask for redoubled efforts and increased coordination. We are all in this together. To view recommended actions that parents, teachers, health professionals, and community and state leaders can take to address this issue, go to:

<https://www.dhs.wisconsin.gov/tobacco/advisory.htm>

The Aging & Disability Resource Center is the best source of information for older adults and individuals with disabilities in Dodge County.

I'd like to receive the ADRC newsletter at home!

Please add my name to your mailing list.

Name _____

Address _____

City _____ State _____ ZIP _____

☐ I have a change of address

Mail to:

ADRC of Dodge County
199 County Road DF - 3rd floor
Juneau, WI 53039





Disability Benefit Specialist News

Submitted by Ashley Sanborn, DBS

If you don't vote, you don't count...

Justin Dart, Disability advocate

2020 ELECTIONS

February 18, 2020: Spring Primary

April 7, 2020: Spring Election & Presidential Preference

August 11, 2020: Partisan Primary

November 3, 2020: General & Presidential Election



Register to vote online at MyVote.wi.gov

- Or register to vote before the election by mail, at your municipal clerk's office, or at your polling place on Election Day.
- Don't forget your Proof of Residence document.

You must have an acceptable Photo ID to vote

- Find out about the ID you can use at www.bringitwisconsin.com
- A free state ID is available from the Department of Motor Vehicles: 844-588-1069 or wisconsin.gov.

Need help getting an ID or getting to the DMV? Contact the Wisconsin Voter ID Coalition at 608-285-2141 or info@voteridwisconsin.org.

This project was supported by funds received under the Help America Vote Act (HAVA) for Protection and Advocacy Systems to provide education, training and assistance to individuals with disabilities to promote their participation in the electoral process. It was funded in part by the WI Dept. of Administration, Wisconsin Board for People with Developmental Disabilities.

EAT RIGHT WHEN MONEY IS TIGHT! Have you ever found yourself choosing between buying groceries and paying for medicine at the end of the month? Or maybe you've found yourself skipping fruits and vegetables and opting for cheaper, less nutritious foods so you have money to pay your utility bill? We believe these are choices no one should have to make. And that's why we'd like to make sure you are familiar with a benefit you may be eligible for called FoodShare. It's a monthly benefit deposited on a debit-like card, the QUEST Card, to help with buying food. This can free up money for bills, medications and other necessities. It's a completely free benefit to those who are eligible. Monthly income limits are effective October 1, 2019 through September 30, 2020. Eligibility is based on income and certain expenses; many people who are working or receiving Social Security are eligible. Plus, claiming FoodShare benefits helps your local community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers. Claiming benefits you are eligible for is a great way to stretch your grocery budget while supporting your local community!

Household Size	You may qualify if your total monthly household income is less than:
1	\$2,082
2	\$2,820
3	\$3,556
4	\$4,292
For each additional member add \$738	

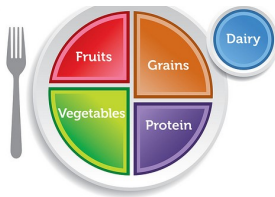
Applying is fast, easy, and confidential. We have a team of FoodShare Outreach Specialists who would be happy to assist you with the process. Call our FoodShare Helpline toll-free at 1-877-366-3635 or locally at 920-644-5448 and we can answer any questions you may have and set up a time to help you apply.

Submitted by Cassie Faulks
Community Impact Manager





Senior Dining Menus



Call or 920-386-3580 or
800-924-6407 the day
before to register for
a hot, noon meal

	Mon	Tues	Wed	Thurs	Fri
J A N U A R Y			1 CLOSED New Year's Day	2 Country Fried Steak Mashed Potatoes	3 Chili Casserole Tossed Salad
	6 Roast Pork Loin Mashed Potatoes	7 Baked Spaghetti Italian Blend Vegetables	8 Smoked Sausage Calico Bean Salad	9 Chicken Teriyaki Baked Potato	10 Chopped Steak in Mush Sauce Mashed Potatoes
	13 Meatballs in Honey Mustard Sauce Baby Reds	14 Ham Rolls Sweet Potatoe Bake	15 Baked Chicken Twice Baked Style Potatoes	16 Beef Stroganoff Casserole Tossed Salad	17 Orange Chicken Baked Potato
	20 Swiss Steak Mashed Potatoes	21 Chicken, Broccoli, & Rice Casserole	22 Pork Steak Mashed Potatoes	23 Bratwurst on Bun Baked Beans	24 Crispy Fish Fillet German Potato Salad
	27 Meatloaf Baby Red Potatoes	28 Baked Chicken Garlic Mashed Potatoes	29 Beef Stew Tossed Salad	30 BBQ Pork Cutlet Red Beans & Rice	31 Salisbury Steak Mashed Potatoes

	Mon	Tues	Wed	Thurs	Fri
F E B R U A R Y	3 Chicken Breast Mashed Potatoes	4 Glazed Ham Buttered Squash	5 Pepper Steak Baked Potato	6 Roast Turkey Mashed Potatoes	7 Hamburger on Bun German Potato Salad
	10 Roast Pork Loin Mashed Potatoes	11 Cranberry/Kraut Meatballs White Bean Salad	12 Baked Chicken Twice Baked Style Potatoes	13 Escalloped Potatoes & Ham Tossed Salad	14 Roast Beef Mashed Potatoes
	17 Meatloaf Baked Potato	18 Country Fried Steak Mashed Potatoes	19 Liver and Onions Calico Bean Casserole	20 Mushroom Pork Cutlet Mashed Potatoes	21 Chicken Chow Mein over Brown Rice Broccoli Cuts
	24 Smoked Sausage Baby Reds	25 Baked Chicken Garlic Mashed Potatoes	26 Crispy Fish Fillet Baked Beans	27 Salisbury Steak Mashed Potatoes	28 Spinach Lasagna Mixed Italian Salad

	Mon	Tues	Wed	Thurs	Fri
M A R C H	2 Swiss Steak Mashed Potatoes	3 Meatballs in Honey Mustard Sauce Baked Potato	4 Pork Steak Mashed Potatoes	5 Chicken Teriyaki Baby Reds	6 Macaroni & Cheese Tossed Salad
	9 Ring Bologna Garlic Mashed Potatoes	10 Beef Stew Spinach Salad w/ Rasp. Vinaigrette	11 Baked Chicken American Potato Salad	12 Pork Jaegerschnitzel Mashed Potatoes	13 Salmon Loaf Calico Bean Casserole
	16 Ham Rolls Sweet Potato Bake	17 Corned Beef Baby Reds	18 Chicken Breast Mashed Potatoes	19 Swedish Meatballs over Brown Rice Mixed Vegetables	20 Crispy Fish Fillet Baked Beans
	23 BBQ Pork Cutlet Baked Potato	24 Baked Chicken Garlic Mashed Potatoes	25 Meatloaf Red Beans & Rice	26 Chopped Steak in Burg/Mush Sauce Mashed Potatoes	27 Tuna Casserole California Blend Vegetables
	30 Chicken Marsala Baby Reds	31 Salisbury Steak Mashed Potatoes			



NUTRITION FIT BITS!



Stock Your Shelves in Case of Emergency

Brrr! With the early onset of winter weather in 2019, it is time to start preparing for emergency weather conditions. Start to plan now to have items on hand in case you cannot get out. Some items to consider include:

- Water
- Frozen Dinners
- Canned soups, stews, spaghetti, tuna
 - Peanut butter
- Canned fruits or fruit juices
- Canned or frozen vegetables
- Instant oatmeal, mixes (pancakes, waffles, rice, noodles)
- Dairy products-milk, cheese, yogurt, cottage cheese (these items only keep for about a week)

Mini Raspberry Cheesecakes

- ◆ 6 vanilla wafers
- ◆ ¼ cup sugar
- ◆ 1/8 tsp vanilla
- ◆ 1/8 tsp. salt

Beneficial Bites

- ◆ ½ pound (8 oz.) 1/3 less fat cream cheese
- ◆ 1 large egg
- ◆ 1 ½ tsp all purpose flour
- ◆ ¼ c. raspberry jam (add on top of cheesecake before serving)

Preheat oven to 375°F. Line muffin tin with foil liners and place 1 vanilla wafer at the bottom of each. Whip cream cheese until light and fluffy. Add sugar and combine. Mix in egg and vanilla, then flour and salt. Bake for 20 minutes.



Aren't these bags adorable??

A local 4H group recently volunteered their time and skills to decorate home delivered bags for our meal participants. We welcome any group/organization who is looking for something fun to do that will brighten up a homebound senior's lunch, which is sometimes the only interaction they receive, give the ADRC a call! We supply the bags, you supply the creativity and the joy brought to our seniors!



4H Rocks!

Check for Dodge County Nutrition and Transportation Closings!

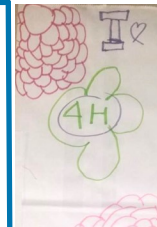
TV

Channel TMJ4
WISN TV 12
WITI FOX TV 6
CBS 58 WMLW
Channel 3000

Radio

WBEV 1430
WXRO 95.3
WTKM 1540 AM
WTKM 104.9 FM
WMDC 98.7 FM

You can always call the Dodge County Human Services and Health, Aging and Disability Resource Center office at 920-386-3580 from 8 am - 4:30 pm.



Be Winter Weather Prepared on the Roads

With Winter here, this tool may come in handy on more than one occasion. You can check travel conditions for most major roadways in the state by using 511 Wisconsin, which is updated with the latest traffic and road conditions. This information, along with live traffic cameras and traffic alerts, can be accessed through the free 511 Wisconsin mobile app, @511WI on Twitter, or the mobile friendly site www.511wi.gov





CALENDAR OF ADRC EVENTS

For more
information
or to register
for events,
please call
the ADRC.

January 10 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Topic: Baby, It's Cold Outside)
Held at UnMasked Expressive Therapies in Beaver Dam the 2nd Friday of the month

January 15 from 1-2 pm

Community Caregiver Alliance of Dodge County
Held at the Henry Dodge Office Building. Meets the 3rd Wednesday of the month.

January 16 from 1-4 pm

Welcome to Medicare Workshop (ALL AGES)
Open to any persons who are or will be eligible for Medicare in the upcoming months. Held at the Henry Dodge Office Building in Juneau

January 20 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Topic: Growing Microgreens)
Held at the Administration Building in Juneau
Meets at various locations in Dodge County the 3rd Monday of the month

February 14 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Topic: Paul Klee, Let's Take a Line for a Walk)
Held at UnMasked Expressive Therapies in Beaver Dam the 2nd Friday of the month

February 17 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Topic: Love)
Held at the Dance Now! in Beaver Dam
Meets at various locations in Dodge County the 3rd Monday of the month

February 18 from 9am-Noon

Welcome to Medicare Workshop (60+)
Open to any persons who are or will be eligible for Medicare in the upcoming months. Held at the Henry Dodge Office Building in Juneau

February 19 from 1-2 pm

Community Caregiver Alliance of Dodge County
Held at the Henry Dodge Office Building. Meets the 3rd Wednesday of the month.

March 10 from 1-4 pm

Memory Screens (NEW! program)
Meets the 2nd Tuesday of month at participating local libraries. Held at Lomira Library.

March 13 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Topic: Chihuly, Illuminating Color)
Held at UnMasked Expressive Therapies in Beaver Dam the 2nd Friday of the month

March 16 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Ducks)
Held at Horicon Marsh Education & Visitor Center in Horicon. Meets at various locations in Dodge County the 3rd Monday of the month.

March 18 from 1-2 pm

Community Caregiver Alliance of Dodge County
Held at the Henry Dodge Office Building. Meets the 3rd Wednesday of the month.

March 18 from 1-4 pm

Welcome to Medicare Workshop (60+)
Open to any persons who are or will be eligible for Medicare in the upcoming months
Held at the Henry Dodge Office Building in Juneau

April 10—No SPARK! (Good Friday)

SPARK! Cultural Programming for People with Memory Loss

April 14 from 12:30-3:30 pm

Memory Screens (NEW! program)
Meets the 2nd Tuesday of month at participating local libraries. Held at Horicon Library.

April 20 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Topic: Plant Propagation)
Held at the Administration Building in Juneau.
Meets at various locations in Dodge County the 3rd Monday of the month.

April 21 from 9am-Noon

Welcome to Medicare Workshop (ALL AGES)
Open to any persons who are or will be eligible for Medicare in the upcoming months. Held at the Henry Dodge Office Building in Juneau.

April 30 SAVE THE DATE

Caregivers Spring Break—Relax Your Mind, Relax Your Body (FREE event, call ADRC to register)
Held at Horicon Hills Golf Club.